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Delhi Network

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Newsletter	Kathy Pritchard	686-2245 9811118958
Office Manager	Sandra Buhler	614-3115 (Office 679-1234 ext. 1505)
Programs/Social	Jackie van Ommer Symran Wasser	680-2136 9810092725

Delhi Network is a non-profit organisation whose main purpose is to support the expatriates living and working in New Delhi. Everyone on the Board and the committees volunteer their time.

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Hello to you all ..

So much is going on in Delhi that it is difficult to know where to begin. The social scene is picking up now the cooler weather is almost upon us. All the various melas are coming up so don't miss any. There are always good and it is an ideal time to start your Christmas shopping.

Our very hard working committee are desperately in need of volunteers for all aspects of Delhi Network. Can you please can you spare some of your time. Some fresh ideas and articles for the newsletter would also be appreciated.

We do need your help and input

Thank you Kathy,
pritchard@vsnl.com

Sue is producing a new directory of membership quite soon. To enable this to be complete could all members who have not re-newed their membership please do so. Thank you

Delhi Network meetings are held on the third Tuesday of every month at 10 a.m. at the Hyatt Regency Hotel. Entrance to a meeting is Rs 150 for members and Rs 200 for non-members. Annual membership is Rs 300. You can become a member at any monthly meeting or at the Delhi Network office. Instead of waiting for August to renew/join, you can sign up now which will save time, rather than queuing up at the rush period. If members miss a meeting, they can get a newsletter from the Delhi Network Office at the Hyatt for Rs 50.

Delhi Network Handbooks are available for purchase at all meetings or at the office: cost Rs 300 for members and Rs 400 for non-members.

The Delhi Network office is located in the Hyatt's Shopping Arcade. The Office Manager is Sandra Buhler. Office hours are 10 am to 2 pm, Monday to Friday. Stop in for free advice, a newsletter or a Delhi Network Handbook if you missed the last meeting, or to drop off your newsletter contributions. We are seeking volunteers to work in the office. If you're interested (and it is a good way to meet new people), contact Sandra.

Delhi Network does not necessarily endorse or recommend the businesses advertised in this newsletter and the Board claims the right to refuse any advertisers who have had several complaints made against them by our members.

From Your President

SPACEWATCH THIS

We had another well-attended monthly meeting in September. I did have some feedback from one or two members regarding the seating arrangements and the lack of refreshment accessibility. We do like to have constructive criticism and always strive to achieve the correct balance; unfortunately we are all amateurs and volunteers who arrange these events so things will go wrong from time to time. Apart from the crush, which we interpret as a plus rather than minus the meeting went very well. Thank you all for being there.

We are still in need of volunteers, this seems to be my standard paragraph every month, if you do have spare time that you would like to fill please let us know, just make a call to one of us, we are all listed in the monthly newsletter. If you are asked to do something that you don't feel is your forte then just say no, maybe next time we call it will be just want you want to do.

Our regular Tuesday morning newcomers meeting has been so well attended we have had to apply for a larger area and the Hyatt very kindly allocate a larger room whenever possible. Please come along and join us we aren't all legitimate newcomers but it also acts as place to meet someone new from your own country and definitely new people from the rest of the world.

The Mongolian B.B.Q. went very well. We had around one hundred and twenty people. I know the beer and wine were still flowing when I left at midnight, hope everyone enjoyed the evening.

Thanks must go to the two main organisers of this event Symran Wasser and Jackie Van Ommen who did a splendid job.

There is some confusion regarding protocol for advertising in the monthly newsletter and also on the notice board in the newsletter and in the office. I hope I shall be able to clear this up now. To advertise in the newsletter, if you are a non-member you require two letters of recommendation from two Delhi Network members who have used your outlet. As a member of D.N. if you have had good dealings with someone local and would like to inform others then the 'Notice Board' page in the newsletter is the place to put it with any personal items you may wish to sell. The Notice Board in the office is used for personal items for sale, wanted items, requests for information etc. Advertising for accommodation is covered by specialist house letting agencies who have been recommended by our members., I do hope this clears up any confusion please don't hesitate to call me if you need query any of the above.

See you at the meeting.
Brenda

Neighbourhood Co-ordinators

Support Groups by Nationality

Your co-ordinator is here to help you settle into your new home. Give her a call and introduce yourself and find out who else lives in your area and when the next meeting is going to be held.

AREAS CO-ORDINATOR PHONE

Vasant Vihar/ Vasant Kunj	Nora Twycross	612-2318
West End/Shanti Niketan/ Anand Niketan/Aradhana Enclave/Safdarjung Enclave	Terri Levan	467-1819
Chanakyapuri	Bernadette MacDonald-Raggett	687-2161 Ext: 2328
Barakamba Road		
Greater Kailash I & 2	Kate Schaller	4645156
Neeti Bagh/Gulmohar Park Defence Colony/Udai Park Anand Lok	Vacant	
Jorbagh/Golf Links/Sunder Nagar	Judit Stowe	9811210438
Prithviraj Road/Aurangzeb Rd.		
Panshcheel Park/ Haus Khas/ Green Park/Padmini Enclave/ Shivalik Navjivan Vihar/ Qutab Enclave/Mayfair Gardens/ Sarva Priya Vihar	Risham Chawla	649-7025
New Friends Colony/ Friends Colony East/ Friends Colony West Maharani Bagh	Trudy Brasell-Jones	632-3422
Sainik Farms	Martine Walsh	696-0829
Chattarpur/Jonapur/Gadaipur	Monica Modak	680-9365
Bijwasan/Rajokri/Supriya Vihar	Alicia Odedra	506-4777

American Women's Association (AWA):
American passport holders or their spouses can join. Call the AWA office at 419-8000 ext. 4131 or 8509 between 9 am and 4.30 pm Mon-Fri. Talk to Barnali or an AWA officer.

Australia and New Zealand Association:
Call Christine Evans on 687-6605 or Ingrid Crookshanks, 680-4586

British Expats Group:
Contact Sylvia Johnson on 460-3851.

Nederlandse Vereniging New Delhi:
Organiseert diverse evenementen en een maandelijkse borrel. Als je lid wilt worden, of gewoon informatie wilt, bel Nanette Hulshof op 460-1660 of Gerco de Jong op 688-4951(off)/614-9704 (res).

NORA (Nordic Association)
Contact names:
Eva Dieden (Sweden) 687-5760
Anne Laipil (Finland) 614-4602
Kirsten Callinggaard (Denmark) 689-2401



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Please amend your handbook.

THERE IS STILL 1 VACANCY FOR A NEIGHBOURHOOD CO-ORDINATOR. IF ANYONE WOULD LIKE TO VOLUNTEER, PLEASE CONTACT JACKIE VAN OMMEN OR BRENDA BEARDS FOR MORE INFORMATION.

Dates for Your Diary

Tuesday, October 17th

Delhi Network Gathering

10 am

Hyatt Regency Ballroom

Wednesday, October 18th

Autumn Collection pre-view

At Risham Chawla's Design Studio
N-21 PANCHSHILA PARK, NEW DELHI 10017
TEL: 649 7025
6 9 P.M.

Sunday 22nd October

11.30 am

British High Commission Moghul Gate-Shantipath
5km Charity Fun Walk/run, organised by the Hash
House Harriers of Delhi, in aid of mobile crèches.
Full registration (200 rps) on the day, or
registration forms from Delhi Network Office.
A medal for everyone who finishes! Raffle prizes

**October 23rd for five weeks (every day excluding
Mondays)**

POLO

1.p.m. 3.00 p.m. & 3.00 p.m. 4.00 p.m.

Free admittance for spectators.

For more information, contact the Polo Club,
Tel. # 569 9444 / 569 9777

Friday, November 10

225th BIRTHDAY OF THE

UNITED STATES MARINE CORPS BALL

At Le Meridien Hotel
7:00 p.m. to 3:00 a.m.

Tickets sold between 12:00 and 2:00 p.m.
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Please be prepared at the time you purchase your
tickets to select either
beef filet, tarragon chicken, or penne arrabiata.
There will be tables of eight and there are only 58
tickets left. Act now!

Tuesday November 21st

Delhi Network Gathering

10 am

Outside on the lawn

Friday 17th November

Cheese & Wine Party

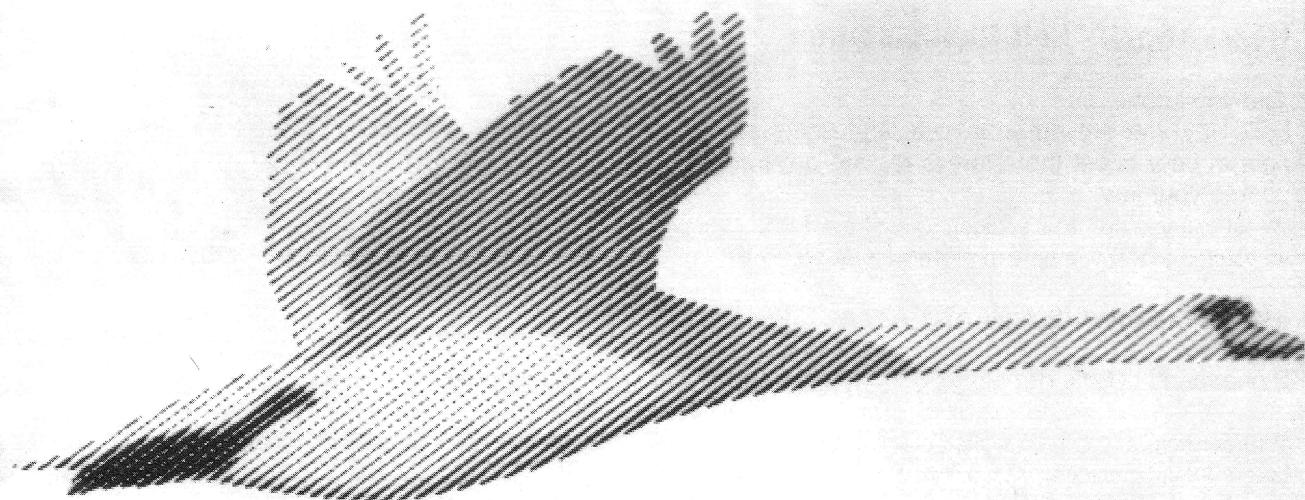
6.30 p.m. 9.30 p.m.

Australian High Commission residence
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Bernadette MacDonald-Raggett 687-2161
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Just a thought!

"Remember not only to say the right thing in the right place, but far more difficult still, to leave UNSAID the wrong thing at the tempting moment."

Benjamin Franklin



Our New Schedule

DAYS	CARRIER	DELHI		MUMBAI	
		DEP	ARRIVE	DEP	ARRIVE
MONDAY	NW	130	640	140	700
	KL	745	1200		
TUESDAY	NW	130	640	140	700
	KL			705	1204
WEDNESDAY	NW	130	640	140	700
	KL	745	1200		
THURSDAY	NW	130	640	140	700
	KL			705	1205
FRIDAY	NW	130	640	140	700
	KL	745	1200		
SATURDAY	NW	130	640	140	700
	KL			705	1205
SUNDAY	NW	130	640	140	700
	KL	745	1200		
FROM		CALCUTTA		TO AMSTERDAM	
DAY		CARRIER		DEP	ARRIVE
SUNDAY		KL		410	1200

Delhi network Members wish to thank KLM for their very generous raffle donation of Two Air-line Tickets for the Mongolian Social Event



MEDICAL ADVICE.

Heart Attack - Self-Resuscitation

Did you know.....

Let's say you are on your own, and you suddenly start experiencing severe pain in your chest that start to radiate out from your chest into your arm and up into your jaw.

What can you do? You've been trained in CPR but the person who taught you neglected to tell you how to perform it on yourself.



HOW TO SURVIVE A HEART ATTACK WHEN ALONE

Since many people are alone when they suffer a heart attack, this article is in order.

Without help, the person whose heart stops beating properly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and the coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm.

In this way, heart attack victims can get to a phone and, between breathes, call for help.

From Health Cares, Rochester General Hospital AND THE BEAT GOES ON

(Reprint from The Mended Hearts, Inc. Publication, Heart Response)

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The Diwali Festival lasts for five days. They are known as Dhantrayodashi, Narakchaturdashi, Laxmipujan (New Moon Day), Bali Pratipada, and Bhaubij.

On Dhantrayodashi ("Dhan" = wealth; "Trayodashi" = thirteenth Day) people clean the portion in front of the house and with powders of different colours make beautiful designs on the ground called "rangoli". The women prepare sweet and pungent foods. Three oil lamps are lit and Divali commences. ("line of lit lamps").

Lord Ram's Return

On this day, Lord Ram (the incarnation of Lord Vishnu in the treta Yug) returned to his capital Ayodhya after an exile of fourteen years. Thousands of Years have passed by, and yet so ideal is the kingdom of Ram (Ram Rajya) that it is remembered to this day. Ravan has been eliminated along with most of his rakshasas - by Lord Ram and his brother Lakshman, and their army of monkeys. Sita has been returned to her husband Ram, and they now make their way to Ayodhya in triumph and glory. Kaikeyi, meanwhile, has done enough penance for the misery caused to the family and the kingdom. Bharat had refused to sit on the throne, and has kept vigil as a regent, and had told Ram that if he did not return on the last day of the fourteen years exile, he would immolate himself. Consequently, to commemorate the return of Ram, Sita and Lakshman to Ayodhya people celebrate Diwali with the bursting of crackers and by lighting up their houses with earthen diyas or other lamps in the grandest style, year after year.

Dhan Teras

The thirteenth day of the dark fortnight, i.e. two days before Diwali is known as Dhan Teras. On this day a new utensil is bought for the house. The house has to be cleaned, washed and whitewashed. On this day, the children are taken out to buy crackers, candles, earthendiya and a hatri (a small house-like structure made of mud, where a small idol of Lakshmi sits in the middle). A pair of earthen Lakshmi and Ganeshji are a must for Diwali pujan. (Ganeshji is to be worshipped in all pujas before any other god or goddess.) Lakshmi, the goddess of wealth, is supposed to visit everyone during Diwali; therefore she must also be fussed over. Earthen katoris known as kulris and chaugaras, lots of kheer (puffed rice), toys made out of candy (known as khand ke khilone), batashas, etc., are required for the puja. The markets are extremely well decorated and full of items which one can buy for the home. Special foods like paari and deevlas are made at home. The day prior to Diwali is known as Chhoti Diwali.

Yamraja King of Death

Once Yamraja, the king of death, asked his servant this question, "When you go to the place of mortals and snatch men's lives, do you at any time feel bad about it?"

"Yes, your Majesty," the servant replied. "While taking the life of the son of king Haim I felt really sorry. It was the 4th day after his marriage, while joy and merriment was going on all around, when I had to take away his life. I request you never ask me to cause an untimely death like that." Yamraja listened and became very concerned. "Alright," he said, "Today is the thirteenth of the dark half of Ashvin, Dhantrayodashi.

From today all those who will observe the five day festival of light will not die an untimely death." Because of this the custom spread of lighting lamps on the five days from Dhantrayodashi to Bhaubij.

Narakasur

The following day, the 14th of the dark half of Ashvin, is known as Narak Chaturdashi, ("narak" = hell; "chaturdashi" the 14th day). Narakasur was a wicked king. He fought against neighbouring kings and imprisoned 16,000 women. He snatched away the "chatra" of Indra. He took away the "Kundale" from the ears of Adity, the mother of the gods. He

took possession of the abode of the gods at Manyaparva among the eternal mountains. His ambition was that no one should ever defeat him. So he turned his capital into a fortress. When Krishna heard about the wicked deeds of Narakasur he decided to destroy him. But Satyabhama, Krishna's wife, took this task upon herself. Krishna would only be her helper. In the early hours of the 14th day of the dark half of Ashvin, Satyabhama killed Narakasur and liberated the women from his prison. They went home and expressed their joy by lighting lamps and drawing "rangoli". In remembrance of this event even today people get up early in the morning, take bath, draw "rangoli" and make a great celebration. On this occasion we are reminded of the struggle between good and evil. Narak means hell. Narakasur personifies the powers of hell, a symbol of Satan. Satyabhama represents the role of women in the struggle.

The Liberation of Laxmi

The new moon night, "amavasya", of Ashvin, is a big celebration, known as Laxmi Pujan. King Bali had taken Laxmi as a slave. Vishnu, in his fifth avatar as Vaman, defeated Bali and liberated Laxmi. On this day the liberation of Laxmi is celebrated by worshipping Laxmi. Shopkeepers and merchants worship their account books and their merchandise. Light overcomes darkness and night becomes like day. People light firecrackers.

Bali Pratipada

The first day of the month Kartik is a full "muhurta", or auspicious day. This is New Year's Day for merchants. In the month of Bhadrapad Vaman Dwadashi was celebrated to commemorate the story of Vaman's victory over King Bali, who was thrown to hell by Vaman's third step. But since Bali had shown some goodness by keeping his word, Vaman was satisfied and made Bali king of the lower regions and promised him that on the first Pratipada of Kartik people would remember him. So on this day some people take the name of Bali, they worship his picture together with that of his wife, Vindhyaavati, and waving the lamp before the picture or idol they sing, "Ida Pida javo, Balitse rajya yevo." ("Let suffering go and let Bali's kingdom come.")

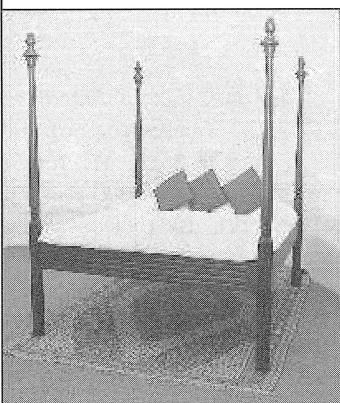
Bhaubij:

Brothers and Sisters All Today is the feast of the brother, also called Yamadwitiya, or the Second Day of Yama, because on this day Yama went to visit his sister Yami, and they waved the lamp to each other as a sign of mutual love and respect. On this day sisters wave the lamp to their brothers, and brothers offer gifts to their sisters. This occasion invites brothers and sisters in every family to foster real sibling love



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DUSSEHRA

Dussehra means the Tenth Day, being the 10th day of the bright half of Ashvin. This day is also known as Vijayadashmi, or Victory Tenth, because of the Victory of Rama over Ravana. In North India it is Ram Lila and consists of plays, recitations and music that recall the life of the legendary hero, Ram. In Delhi, many amateur troupes perform plays based on this epic story. On the tenth day, an elaborate procession leads to the Ram Lila grounds where immense cracker-stuffed effigies of the demon Ravana and his brother and son explode to the cheers of thousands of spectators. In Kulu, the celebrations have a different flavour. Against the backdrop of snow-covered mountains, villagers dressed in their colourful best, assemble to form procession of local deities while pipes and drums make music.

In Mysore, it is celebrated with a pomp and pageantry reminiscent of medieval times. In Bengal and other parts of eastern India, Dussehra is celebrated as Durga Puja. Devotees wear new clothes and entertain with music, dance and drama. On the last day, images of the warrior goddess are taken out in procession immersed in a river or the sea. In the south, the festival is celebrated as Navaratri. Dolls and trinkets are artistically arranged in tiers by young girls. Friends and relatives visit each other's homes to exchange greetings.

On this day in the Treta Yug, Ram (7th incarnation of Vishnu), killed the great demon Ravan who had abducted Ram's wife Sita to his kingdom of Lanka. Ram, along, with his brother Lakshman follower Hanuman, and an army of monkeys fought a great battle to rescue his lovely wife Sita. The war against Ravan lasted for ten days and the story of is recounted with affection and love in the great epic Ramayana.

Kautsa's Gurudakshina Kautsa, the young son of Devdatt, a Brahmin, was living in the city of Paithan. After learning under the guidance of the rishi Varatantu, he insisted on his guru accepting a present, or "gurudakshina". But the guru said, "Kautsa, to give 'dakshina' in return for the gift of wisdom is not proper.

The disciple has become learned, this makes the guru happy, and this is the real gurudakshina." Kautsa was not satisfied. He still felt it was his duty to give his guru something. Finally the guru said, "Alright, you insist on giving me dakshina, so give me 14 crore gold coins, one crore for each of the 14 sciences I have taught you." Kautsa went to King Raghu. Raghuraja was an ancestor of Rama, famous for his generosity. But at that time he had emptied his coffers for the Brahmins, after performing the Vishvajit sacrifice. He asked Kautsa to give him three days grace.

He immediately left to get the gold coins from Indra. Indra summoned Kuber, the god of wealth. Indra told Kuber, "Make a rain of gold coins fall on the "sharu" and "apati" trees round Raghuraja's city of Ayodhya."

The rain of coins began to fall. King Raghu gave all the coins to Kautsa, and Kautsa hastened to offer the coins to Varatantu Rishi. But the guru had asked only 14 crores, so he gave the rest to Kautsa. But Kautsa was not interested in money. In those days honour was considered more valuable than wealth. He asked the king to take the remaining coins back. But the king would not. Finally Kautsa lavishly distributed the

coins to the people of Ayodhya city. This happened on the day of Dussehra. In remembrance of this event the custom is kept of looting the leaves of the "apati" trees, and people present each other with these leaves as "sone" (gold).

War and Peace

In ancient times kings used the feast of Dussehra to cross the frontier and fight against their neighbouring kingdoms. This border crossing is known as "simollanghan". Dussehra marked the beginning of the war season. This was also the day to worship the weapons. According to legend, Pandav went to dwell in the forest. On the way he hid his weapons in the hole of a "shami" tree. After one year he returned from the forest and on Dussehra day he took again his weapons and worshipped the shami tree and the weapons. Hence the custom of worshipping weapons on this feast.



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I most strongly recommend Mr Kapoor to anyone needing T-shirts of any type made for any purpose.

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Robert W. Davies
Teacher, American Embassy School



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low fat soup basics

Soup notebook Low in Fat, High in Taste!

Nowadays it seems that everyone is looking for ways to cut corners on their fat intake. We are all for healthy living and low fat cooking techniques, but not at the expense of spoonfuls of glorious taste! Our first instinct when lowering fat in soups is to immediately cut meat out of the cooking equation. Keeping meats out of your soups is one way to reduce fat, but certainly not the only way and not always even the most important. You can toss together a low-fat meat-based soup almost as easily as a low-fat vegetable soup. However, if you're looking for a quick, simple, and low-fat soup your best bet is to forget about meat and simmer yourself a vegetarian bowl of hot, soupy magnificence

Substitutions

Because soups are one of the oldest culinary traditions there are many, many soup recipes that call for large amounts of fat. When you come upon one of these recipes, there are a few simple substitutions that can be used for lessening the fatty load. First of all, do not pre-cook vegetables, including onions, in fat. Although fat can help bring out the flavour of vegetables, your soups will be considerably lower in fat, (and maintain a good taste) if you add them raw to the stock when simmering. If your soup recipe calls for a heavy cream to thicken the soup, a vegetable puree will work well. Remove approximately 1/4 (or more, depending on how creamy you like your soup) of the soft, cooked vegetables in your stockpot and puree them. When pureed add them back into the soup. The soup will thicken right up! If you find yourself still yearning for a heavy cream taste substitute 1 tablespoon of heavy cream when the recipe calls for 1 cup. A small dollop of cream will go a long way.

Meaty Soups

Making low-fat meat soup depends a lot on paying close attention to the soup making process, from the first soup-making step to the last. Low-fat soup starts with low-fat broth or stock. To make a low-fat meat base, follow the steps below and you'll be well on your way to a bowl full of healthy, low-fat, and scrumptious meaty soup!

Step One: Skin and trim

Much of meat's excess fat is stored in the skin. Because of this, if meat did not arrive in your refrigerator skinned, it must be done before cooking ensues. Once the skin is removed, begin trimming as much fat off the meat as you comfortably can. (If you are going to roast a whole chicken rather than sear pieces, disregard the trimming and proceed directly to the roasting directions.) A little fat will always remain on the meat, no matter how careful you are, so do not overtax yourself. It is important to remove as much fat as you can, but not so much that valuable meat begins to get lost in the bargain! Do not worry if you miss a little fat, skinning and trimming are only the tip of the fat-removing iceberg, there are more checks to come that will ensure as much fat as possible is removed before that soup spoon meets your lips.

Step Two: Sear, Roast or Simmer

Once the meat has been skinned and trimmed there are a few options open to you when it comes to cooking the meat. You can choose between searing, roasting or simmering. Searing is the best choice if you will be cooking with beef, as beef has a tendency to lose its flavour when simmered in a stock unless its flavour has

been sealed in before simmering begins. Chicken can be either simmered, seared, or roasted without creating a large difference in taste. Veal is best if roasted before being added to the stock.

Simmer:

Of the three methods, simmering is the one that will yield the meat soup with the lowest fat content. When simmering, it is very important to keep a close watch on the soup and ensure that the liquid does not begin to boil. Boiling will cause the fat released from the meat to churn into the body of the soup pot, rather than floating to the top where you can skim it off as it becomes visible. To simmer, simply break the meat into pieces and place them in the pot. Add any raw vegetables you would like in the soup. Fill the pot with only enough liquid to just cover the meat, any more liquid will water down the broth. Begin bringing the broth to a slow simmer for the first half-hour of cooking skim fat off as it rises to the top. Keep the soup at a slow simmer for the entirety of your cooking, do not let it boil or the fat will be incorporated back into the soup. Approximate simmering times for meat will vary depending on cut, size and whether or not they are boneless:

Beef: 2 1/2 to 3 hours

Poultry: 3 hours

Pork: 3 hours

Lamb: 2 to 3 hours

Sear: Heat a large frying pan over a high heat. If you have trimmed fat from the meat, spray the pan with a light coating of non-stick cooking spray. Add the meat to the frying pan and sear for approximately one minute on each side of the meat pieces. The meat should not cook for more than 3 minutes altogether. Add the cooked meat to a large stockpot to begin simmering your stock.

Roast: Preheat the oven to 450 degrees F (275 degrees C). Place the meat in a roasting pan. If using a whole chicken, skin it first, then place it whole in the roasting pan. Let the meat cook for 45 minutes; watch closely so that the juices that flow to the bottom of the pan do not burn. Remove the pan from the oven, place the meat in a stockpot and discard the fat and juices in the bottom of the roasting pan. Pour 2 cups white wine or water into the roasting pan and scrape the bottom with a wooden spoon to remove the juices, pour the liquid into the stockpot. Place any raw vegetables you would like in your stock into the stockpot. Scrape the brown film off the bottom of the pan and add it to the stockpot and begin cooking your stock.

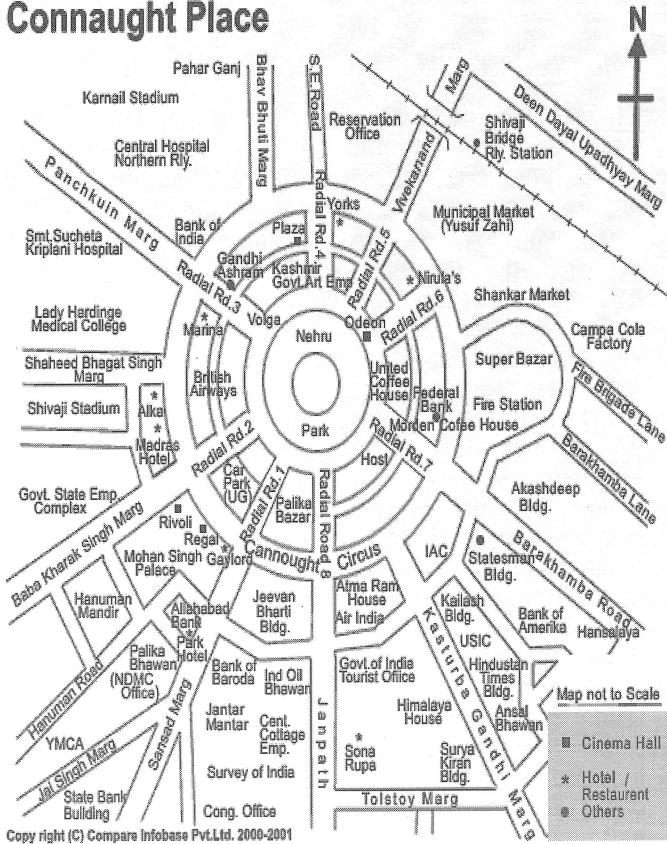
Step Three: Skim

While the stock simmers, cover 1/2 of the pot with a lid or foil. Watch the stock closely and skim off any fats or scum that rise to the top of the stock. Add warm water occasionally as liquid burns off. Once your stock has reached its desired taste refrigerate it. Cooling the soup offers one more opportunity to skim off fat from the soup. Cooling the soup will cause left over fat to coagulate on the top of the soup. When the fat has gathered up at the top, carefully skim the unwanted fat off. Let the simmering begin! Now that you know all of the tricks of the trade for turning a fatty soup recipe into a low-fat delicacy, let your eyes wander through the myriad of soup recipes listed on the Allrecipes.com sites. Start your journey here at Souprecipe.com and branch out to the lists of soup recipes on: Vegetarianrecipe.com, Chickenrecipe.com, and Beefrecipe.com! Happy Cooking



CONNAUGHT PLACE

Connaught Place



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Connaught Place is named after the Duke of Connaught of the British royal family. This beautiful complex was designed by the British Architect Lutyens, as a circular market with pillared verandas. The park in its centre had a raised platform from which periodically a band used to perform. When this market was built, it was the largest market of its kind in India.

The British used to say that Connaught Place had been designed in the shape of a horse-shoe which is regarded as lucky, for the shops as well as the shoppers.

It may be noted that earlier, a circular market on a much smaller scale, but of a similar design with pillared verandas was built in a nearby area with the name GOLE (circular) market. It is still there. In fact, some of the firms in Gole market are the earliest members of the NDTA.

The market had the distinction of having a theatre, Regal Theatre, which was regularly frequented by the Viceroy and his guests. Besides showing foreign movies, it used to host renowned dance and theatre troupes of foreign and Indian artistes, including Uday Shankar, Rukmini Devi, Prithvi Raj Kapoor. During the British Raj, the seat of the then government shifted to Simla in the summer months. No strange fact then that many shops in Connaught Place have branches in Simla.

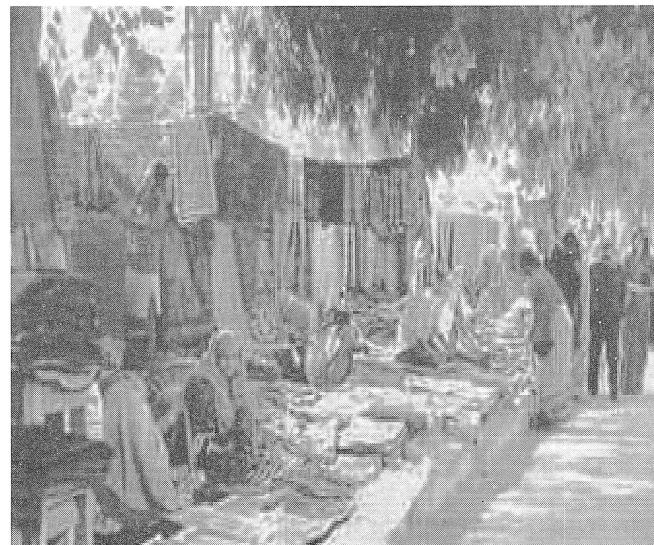
Business really picked up in Connaught Place during the days of the Second World War, when lots of British and American troops stationed in New Delhi shopped in this market.

After India's partition, several of the people uprooted from the Punjab came to Delhi, where many of them set up shops in the Verandas of Connaught Place.

Today, Connaught Place retains a place in the heart and soul of every Indian and prides itself as being the most well known, most visited and the most remembered market in India.

Source Internet

Exclusive site for Connaught place New Delhi India





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I WANT TO BE SIX AGAIN

I want to go to McDonald's and think it's the best place in the world to eat.

I want to sail sticks across a fresh mud puddle and make waves with rocks.

I want to think M&Ms are better than money 'cause you can eat them.

I want to play kickball during recess and stay up on Christmas Eve waiting to hear Santa and Rudolph on the roof.

I long for the days when life was simple. When all you knew were your colours, the addition tables, and simple nursery rhymes, but it didn't bother you because you didn't know what you didn't know, and you didn't care.

I want to go to school and have snack time, recess, gym, and field trips.

I want to be happy because I don't know what should make me upset.

I want to think the world is fair, and everyone in it is honest and good.

I want to believe that anything is possible. Sometime, while I was maturing, I learned too much. I learned of nuclear weapons, starving abused kids, and unhappy marriages.

I want to be six again.

I want to think that everyone, including myself, will live forever because I don't know the concept of death.

I want to be oblivious to the complexity of life, and be overly excited by the little things again.

I want television to be something I watch for fun, not something I use for escape from the things I should be doing.

I want to live knowing the little things I find exciting will always make me as happy as when I first learned them.

I want to be six again.

I remember not seeing the world as a whole, but rather being aware of only the things that directly concerned me.

I want to be naive enough to think that if I'm happy, so is everyone else.

I want to walk down the beach and think only of the sand beneath my feet, and the possibility of finding that blue piece of sea glass I'm looking for.

I want to spend my afternoons climbing trees and riding my bike, letting the grownups worry about time, the dentist, and how to find the money to fix the car.

I want to wonder what I'll do when I grow up, not worry what I'll do if this doesn't work out.

I want that time back. I want to use it now as an escape. So that when my computer crashes, I have a mountain of paperwork, two depressed friends, or second thoughts about so many things, I can travel back and build a snowman without thinking about anything except whether the snow sticks together. What I can possibly use for the snowman's mouth?

I want to be six again



Restaurant review

LEMON GRASS

Authentic Thai food, and. flavour

LEMON GRASS (Cr-ybopagon Citratus) is a tropical plant with a perfumed lemon flavour, which is becoming an increasingly popular ingredient in all sorts of dishes. It is sweetish, and vaguely lemony, but distinctively "fragrant" and is an indispensable ingredient in Thai cuisine this restaurant is the brainchild of Ms. Busabong Nanakul, a Thai settled in India.

The Lemon Grass restaurant in South Extension-11 on the main Ring Road claims to serve the best and authentic in Thai cuisine.

Inside Lemon grass, where the fare and service is authentic Thai, graceful and elegant.

The authentic Thai food backed by excellent service seems to have clicked with the gourmet," she says, with a smile. The restaurant also provides for free home delivery within a radius of 3 km. It has a catering division, which takes care of parties, and other outings.

Lemon Grass offers an exotic mix of mouth-watering Thai cuisine that includes Yam Aharn Talay (Seafood Salad), and the latest Thai music adds to the flavour. All the food is prepared under the watchful eyes of Sous Chef Piamual and Chef Sudsakron Khanongling. In Lemon Grass, right from the beverages to the desserts, everything is authentic Thai, Thai iced black coffee) or Kha-Nom Thai guam (assorted Thai dessert), everything is original. Not to be missed is the Som Tam (a tangy flavoured salad made from shredded raw papaya tossed with peanuts and, lime juice). Of course, in curries there is Khaeng Pa-Nang (a thick spicy red curry, blended with grounded peanut, cooked in coconut cream, garnished with basil leaves and kaffir leaves). For lovers of stir fried dishes, there is Koung Thod Kra Tiem Phrik Thai (stir fried prawns with freshly ground pepper and garlic paste) and Phad Med Ma-Muang (slices of fillets stir fried with cashew nut, capsicum, onion and dry chillies).

If you like authentic Thai food or want to try something new we recommend Lemon Grass. Your food is prepared fresh for the table and they have a very high standard of hygiene.

Tel: 624352

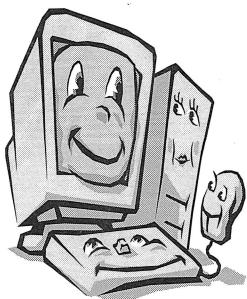
Kathy Pritchard and friends.

Digest internet

Tips of the Month

Frolicking in the Recycle Bin

Here's a few things you can do to make your recycling experience more enjoyable:



-- No Confirmations

Ever notice how every time you delete something, Windows asks you if you would really like to do it? If you find yourself shouting "YES" and pounding down on the enter key, then you may want to disable the deletion confirmation. To do so, just right-click the Recycle bin and deselect the checkbox for "Display delete confirmation dialog box".

-- Recycle Size

By default, the Recycle Bin sucks up 10% of your hard drive. If you have a ten gig hard drive, Windows is setting aside 1 gig just for digital garbage. I have mine set at only 3% (300 meg on a 10 gig hard drive). If you have a hard drive larger than say, 5 gig, I would free up some space by right-clicking your Recycle Bin and moving the little slider to the left. I would set aside 300-500 meg for recycling. You'll notice that you can also set the computer to bypass the recycle bin and just permanently delete files. **I WOULD NOT** do this. I've accidentally deleted more than my fair share of files, and I'm embarrassed to admit how often that the Recycle Bin has come to my rescue.

If you do come across a file that just needs to be permanently eliminated, press SHIFT and DELETE. It will be removed without making a stop at the recycle bin first.

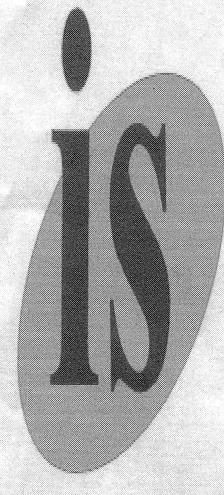
Easy Printing

Need to print a recently used document? Don't waste time opening up the application you created it in, I've got a faster way.

Click the Start button, Documents. Right-click the document you want and select "Print" from the resulting menu. The document's application will pop up, open the document, then print it for you all automatically. If you don't see the document you want to print listed in the Documents menu, click the little My Documents folder you see at the very top of the Documents list (assuming the document you want to print is located in the My Documents folder). Then you can follow the steps above for right-click printing.

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Something to do

Adult Education

The American Embassy School offers evening courses.

Contact the school for current programme/fees. Tel: 611-7140 or 611-7146.

Spring session: Feb./March.

Fall session: September

Aerobics

Mandy Dakin has been teaching aerobics for the last 10 years.

Trained in London, she spent the last 7 years teaching a variety of classes in a large chain of gyms based in 'the city' of London. Her aim is to make fitness fun and accessible to all. She is now teaching at the following times and venues:

Mondays at ACSA 6 7 pm
(Aqua Aerobics)

Tuesdays at ACSA 9 10 am

Wednesdays ACSA 6 7 pm
(Aqua Aerobics)

Tuesdays at the British High Commission 6.15 7.15 pm

Thursdays at ACSA 9 10 am

Thursdays at the British High Commission 6.15 7.15 pm

All classes are a mixture of mainly low and high moves by toning legs, butt and upper body.



impact impact followed for the abdominal,

Tuesday evening's class at the BHC is body conditioning only. She hopes to begin aqua classes shortly. For further information call Mandy on 614-5818. Please bring water and a mat to the class.

Bridge

Ex-pat Bridge Group that meets on



Mondays is looking

for keen bridge players to join:

Call: Lynn Bayman 6877489

Rekha Sarin 684 0964

Annette O'Silva 506 4512

Babies and Toddlers

To all Mums feeling lonely, need a chat, or the kids are driving you up the wall? Call for social meetings for Mums and little kids, Ingrid Crookshanks on 98110 93622 or Manju Isaacs 649-1397.

French speaking

Groupe Francophone de Delhi.

All French speakers welcome (whatever your nationality, whatever your level). This group runs an extensive range of cultural events, tours, lectures and get-togethers. Call Hélène Cazalet on 464-3682.

German

Conversation Group

If you like speaking German, (any level) and want to keep up or deepen your knowledge, please join us. We meet every 2nd Monday at 3 pm. For information call Karin Weselscheid on 612-3405 or Brunhilde Gupta on 696-2708.

Glow

The Global League of Women is an organisation which promotes international friendships and understanding of different cultures. Call Serita Kakar 461-9627 for details.

Guitar Lessons

Guitar Teacher with extensive experience (Town Music School Cologne-Hurth, Academy of Music Cologne) and concert guitarist with international recognition offers lessons Information:

Darko Konofsky Tel. 6526660

Hindi

Lessons



Chaya Bhattacharya is a qualified tutor and is also willing to teach on the Bhagavad Gita. Call 462- 4704.

Indian Cookery

Amita Khosla will teach you how to produce authentic Indian meals using ingredients available in the West. Call 469-2544 mornings.

Mah-Jong and Canasta Classes

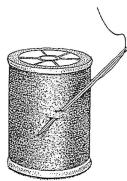
Lessons with Risham Chawla, 2-4pm on Wednesdays at N-21 Panchshila Park. Costs Rs 250 per session for a four-session course. Proceeds go to charity. Call 649-7025.

Navjyoti-Delhi Police Foundation

Runs a school and nursery in a slum area at Yumuna Pushta. Two ex-pat nurses help out and they are looking for other volunteer nurses and health workers to give check-ups. Sunil Verma 98110 56000 has details.

Neednuts

Group meets Thursday 9.30-12.30 in different homes each week. Come and go as you please, work on what you like. Call Lynn Moss on 621-5065



Newcomers

Every Tuesday, 10-12 am, in Boardroom 2 at the Hyatt, to the right of the Ballroom, for an informative get-together over coffee and cakes. Oldies are also welcome to share their experiences.



Patchwork & Quilting Group

Meets every Monday morning, 10 am to 12 mid-day. Beginners welcome! Contact Phil Thomas on 506-5569.

Piano Lessons

American concert pianist Roberta Swedien has 28 years teaching experience and is giving lessons in her Defence Colony music studio. These lessons can include music history, theory, composition, form and analysis and performance as well as technique and repertoire. For intermediate and advanced students only. Call Roberta for details on 461-0918.



Polo

Commencing October 23, for five weeks (every day excluding Mondays) 1.00 p.m. 3.00 p.m. & 3.00 p.m. 4.00 p.m.

Admittance free for spectators. For more information, contact the Polo Club, Tel. # 569 9444 / 569 9777

Tushita Meditation Centre

Women's spiritual development group, which meets every Wednesday at 10.30 am. They organise healing workshops on yoga, Reiki, tai-chi, etc. Teaching by Buddhist lama. Call Renuka Singh on 651- 8248 for details.

Scottish Country Dancing

Thursdays 8 pm in the British High Commission hall. Don't worry if you have two left feet! Contact Maureen Sachdev 463-3658 Ext. 207

Silk Painting

An introduction to silk painting. Learn the basic techniques using water based paint. Minimum time needed would be five mornings only. Instruction can be given in French, Dutch or English. If interested, please call Sylvie Kuenzi, phone 463-3644.



Spanish Lessons

Instituto Hispania offers classes in Spanish language, following a communicative methodology derived as a result of extensive number of studies in the field of teaching Spanish as a foreign language. The teachers are Spanish nationals as well as postgraduates from leading Indian and Spanish universities. Y-10 Green Park, behind McDonalds, phone 696-8016, 8043

United Nations Women's Association

Offers a varied programme of informative and social activities, and supports a kindergarten for under-privileged children. For details call Sherine on 696-0233 or Jill on 687-9685.

Yoga

User Friendly Hatha Yoga Mansoor and Susie Roy teach at Tushita Buddhist Centre. Mansoor is an International teacher with many years of experience in guiding students both in the practice of Yoga and meditation. Both Mansoor and Susie teach the tradition of Swami Sivananda and Swami Vishnudevananda. Private and group classes can be arranged. Please call Susie Roy 465581

A STORY

There is a Story many years ago of an elementary teacher. Her name was Mrs. Thompson. As she stood in front of her 5th grade class on the very first day of school, she told the children a lie. Like most teachers, she looked at her students and said that she loved them all the same. But that was impossible, because there in the front row, slumped in his seat, was a little boy named Teddy Stoddard. Mrs. Thompson had watched Teddy the year before and noticed that he didn't play well with the other children, that his clothes were messy and that he constantly needed a bath, and Teddy could be unpleasant. It got to the point where Mrs. Thompson would actually take delight in marking his papers with a broad red pen, making bold X's and then putting a big "F" at the top of his papers. At the school where Mrs. Thompson taught, she was required to review each child's past records and she put Teddy's off until last. However, when she reviewed his file, she was in for a surprise. Teddy's first grade teacher wrote, "Teddy is a bright child with a ready laugh. He does his work neatly and has good manners ... he is a joy to be around. " His second grade teacher wrote, "Teddy is an excellent student, well-liked by his classmates, but he is troubled because his mother has a terminal illness and life at home must be a struggle." His third grade teacher wrote, "His mother's death has been hard on him. He tries to do his best but his father doesn't show much interest and his home life will soon affect him if some steps aren't taken. " Teddy's fourth grade teacher wrote, "Teddy is withdrawn and doesn't show much interest in school. He doesn't have many friends and sometimes sleeps in class. By now, Mrs. Thompson realized the problem and she was ashamed of herself she felt even worse when her students brought her Christmas presents, wrapped in beautiful ribbons and bright paper, except for Teddy's.

His present was clumsily wrapped in the heavy, brown paper that he got from a grocery bag. Mrs. Thompson took pains to open it in the middle of the other presents. Some of the children started to laugh when she found a rhinestone bracelet with some of the stones missing and a bottle that was one quarter full of perfume. But she stifled the children's laughter when she exclaimed how pretty the bracelet was, putting it on, and dabbing some of the perfume on her wrist. Teddy Stoddard stayed after school that day just long enough to say, "Mrs. Thompson, today you smelled just like my Mom used to. After the children left she cried for at least an hour. On that very day, she quit teaching reading, and writing, and arithmetic. Instead, she began to teach children. Mrs. Thompson paid particular attention to Teddy. As she worked with him, his mind seemed to come alive. The more she encouraged him, the faster he responded. By the end of the year, Teddy had become one of the smartest children in the class.

And, despite her lie that she would love all the children the same, Teddy became one of her "teacher's pet."

A year later, she found a note under her door, from Teddy, telling her that she was still the best teacher he ever had in his whole life.

Six years went by before she got another note from Teddy. He then wrote that he had finished high school, third in his class, and she was still the best teacher he ever had in his whole life.

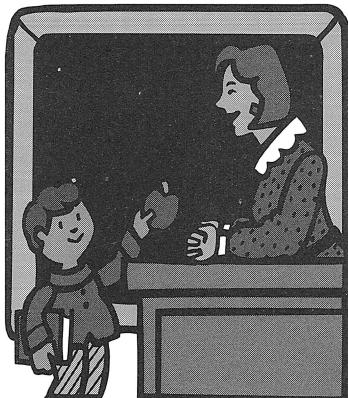
Four years after that, she got another letter, saying that while things had been tough at times, he'd stayed in school, had stuck with it, and would soon graduate from college with the highest of honours. He assured Mrs. Thompson that she was still the best and favourite teacher he ever had in his whole life.

Then four more years passed and yet another letter came. This time he explained that after he got his bachelor's degree, he decided to go a little further. The letter explained that she was still the best and favourite teacher he ever had. But now his name was a little longer. The letter was signed, Theodore F. Stoddard, M.D.

The story doesn't end there. You see, there was yet another letter that spring. Teddy said he'd met this girl and was going to be married. He explained that his father had died a couple of years ago and he was wondering if Mrs. Thompson might agree to sit in the place at the wedding that was usually reserved for the mother of the groom. Of course, Mrs. Thompson did, and guess what? She wore that bracelet, the one with several rhinestones missing, and she made sure she was wearing the perfume that Teddy remembered his mother wearing on their last Christmas together. They hugged each other, and Dr. Stoddard whispered in Mrs. Thompson's ear, "Thank you, Mrs. Thompson, for believing in me. Thank you so much for making me feel important and showing me that I could make a difference." Mrs. Thompson, with tears in her eyes, whispered back. She said, "Teddy, you have it all wrong. You were the one who taught me that I could make a difference. I didn't know how to teach until I met you. Yesterday's success formula is often today's obsolete dogma ... We must continually challenge the past so that we can renew ourselves each day."

"No amount of sophistication is going to allay the fact that all knowledge is about the past and all decisions are about the future."

"In Time Of Profound Change, The Learners Inherit The Earth, While The Learned Find Themselves Beautifully Equipped To Deal With A World That No Longer Exists.



Story from Shirish

Looking ... for a place to live in Delhi???

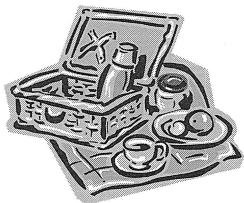
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Room with a Moo

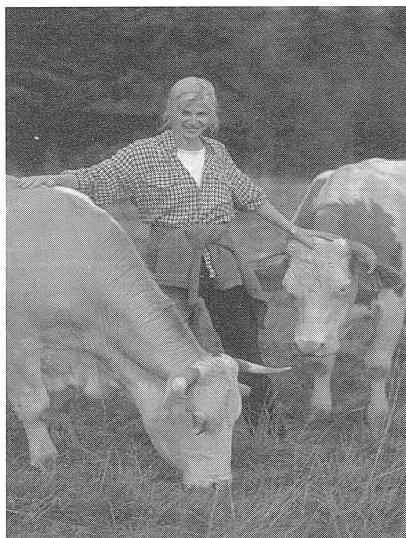
Stressed out by city life? Feeling pressured at work? Then why not cuddle a cow. Carol Midgley investigates the calming effects of bovine therapy

Room with a moo

TO BE honest with you, Elaine does not seem wildly excited at the prospect of meeting me. In fact, she looks vaguely affronted as I approach, wielding a wet sponge an assuring her that this is definitely going to be for the benefit of both of us. Ten seconds after I have laid the dripping object on her back she turns her head away and, with bored eyes fixed in the middle distance, lifts her tail and liberates a splattering cowpat. Now, this is just typical of her sort. You try to bond with the bovine species and that's the thanks you get. In Elaine's defence, I suppose she never actually asked anyone to come and understand her cow-like ways. It is rather that her owner, the hotelier Bill Ward, has offered her company, and that of the rest of his Aberdeen Angus herd, to guests as a new method of executive stress-busting. Welcome to North Yorkshire. Welcome to Cow Therapy.

Feeling pressured at work? Feed a cow. Wound up by the City? Wash a calf. Dreading going back to London? Take home a tape recording of your chosen cattle sounds and use it to drown out the deafening drone of aeroplanes and police sirens. It works for Mr Ward and he sincerely believes it will work for you. The calming effects of the humble moo cow have been much underrated, he says, and he wants the rest of us to come and join the party. Of course there is nothing new in the concept of pet therapy. Dogs have long been used to cheer up hospital patients and these days no package holiday is complete without the obligatory "swim with dolphins" trip. But this is different. With cow therapy, not only are City types promised that they will enjoy a serene feeling of control and contentedness said to hark back to more primitive days when we all tended to our own farm animals, they also get to dress up as a farmer as well. They will wear green wellies, perhaps a flat cap, and even carry a crook, which might just clinch it for those frustrated townies who have four-wheel-drive vehicles but never leave Fulham.

"I find the company of cows infinitely soothing," says Mr Ward. "They are docile, placid creatures - to be honest they are a bit daft and dumb - but they have a very calming effect on me and I think they will do the same for other people. I love the smell of cattle; there is nothing like the warm smell of a shed full of cows in winter . . . it's something different altogether.



I think it will catch on. I have only just decided to offer this as an extra but we are already getting a lot of interest." For his 50th birthday, Mr Ward's wife Carol bought him a stud bull, Baldric, and his herd has now swelled to 40. They are kept in a field close to the couple's hotel, Dunsley Hall, a beautiful country house built in 1900 and set in four acres of garden not far from the coast at Whitby. Since the hotel is often used for business conferences, Mr Ward hit on the idea of offering jaded business executives their own personal cow to wind down with when the work is through. Indeed the package has its very own title - "Room with a Moo" - and the cow therapy comes at no extra charge to the cost of a standard break. Being a fully paid-up townie, I was sent north to test the healing powers of cow therapy.

• I love animals and I don't eat them so I felt secretly confident that I would prove to be a bit of a hit with Elaine and the crowd in Whitby. Prior to departure, however, as I did my cow

research, this confidence started to fade. "Tragedy of pensioner trampled to death by cow in Derbyshire", "Mind the cows, they can kill", "Narrow escape as cow tramples tagging herdsman" were just a selection of headlines which came up on the computer database I confide my fears to Mr Ward as we drive to the field. "Oh yes," he says cheerfully, "they can be dangerous. But it's only when they're suckling calves and want to protect them. Cows especially don't like dogs, they will go after them. Never let yourself get between a dog and cows or you'll get hurt." But with his cow therapy course, he stresses, guests will never be left unattended with the cows and if they wish to hose one down, for instance, it will be brought to the hotel courtyard and tethered safely. At this point he looks down with horror at the beige leather mules I have been wearing on the train up from London. "Haven't you brought any wellies? You can't wear those," he says. "Oh, why? Will it be muddy?" I trill, instantly confirming my credentials as a Despicable urbanite. With admirable diplomacy, Mr Ward mutters something about it raining a lot recently and hands me his wife's size 5 boots. Minutes later, as I clamber over the third successive rickety gate in my designer sunglasses, I am starting to see his point. The cows are miles away and staring accusingly as we approach with a sack full of barley and rapeseed mix, the bovine equivalent of a packet of Tootie Frooties. He points in the direction of a mass of black creatures. "That one's my favourite - Primula," he says. "They all look exactly the same to me," I say. Mr Ward is incredulous. "Can't you see? They're all totally different.

"They have different faces. Look, that's Snowdrop, that's Iris, and Primrose and Tulip." The look-alike cows slowly gather to peer at what fool has invaded the privacy of their field. I put my hand out to stroke them and they all promptly turn and walk away in apparent disgust. Mr Ward says they will get used to me in a minute so I pick out Elaine as having the most approachable face and edge towards her. She emits a huge "mooooo" and trots off to join her friends. Cows are still wild animals and you have to earn their attention and respect'

Now, that bit was a mistake. According to the experts, cows hate being approached or even looked at directly. You must come at them from the side to avoid posing a threat. Cows also loathe strong odours like alcohol or the smell of human sweat, having a highly developed olfactory sense. Rather hurt, I reflect that I've had not a drop to drink and had a long bath that morning, but perhaps Elaine doesn't like the smell of Calvin Klein's Contradictions as much as I do.

A few minutes later I try again. This time Elaine lets me stroke her ears and broad, warm forehead. After a lot of clucking and flattery she allows me to lean against her tank-like back and eats rapeseed out of my cupped hands. Eventually she even succumbs to the sponge. And as we stand in the sunshine with a view of the Whitby coast and nothing but seagulls squawking overhead, it feels rather wonderful to be washing my own cow.

Once Elaine has welcomed me into the fold, it is a breeze. The others all come crowding in for a better view and strike up a chorus of ululation. The effect is tranquillising.

This, apparently, is all quite normal. The animal behaviourist Dr Roger Mugford, who has 68 cows of his own, believes they have a special therapeutic quality.

"There is definitely something in it," he says. "I lead a very stressful life, but when I go down to my field and my cows are so beautiful and content, it always calms me."

"People often associate cows with the smell of unfermented slurry but that isn't true at all. Their smell is wonderful and they have this lovely fermenting, methanous belch." Dr Mugford believes cows are more pleasing than horses. "Horses aren't nearly as calming. They are so unpredictable and potentially dangerous, but cows are a challenging species. Unlike horses, they haven't had their spirits broken. They are still a wild animal and you have to earn their attention and respect. "But you mustn't approach them directly - a direct stare is very threatening to a cow. They are very curious creatures. If you go and lie down in a field and don't look at them, they can't help themselves. They have to come over to you. "I find them fascinating.

. They are such a wonderful size. They are like a great piece of mechanical engineering - so huge and square and yet they can live on bits of grass and dried bracken . Quite remarkable." Back in the field, we decide to leave Elaine and the gang in peace with Baldric the bull who, sporting a huge ring in his nose, is starting to look worryingly peeved at the intrusion.

We return to the hotel, and I am rather taken aback to see roast rib of beef topping the menu. Isn't this a bit, well, unchivalrous considering that we have just been communing with the alive and kicking type of cow?

Mr Ward is suddenly quite grave. "We feel it's important to stress to guests that our own cattle are never served in our kitchens," he says with some passion.

"I am totally serious about that. Serving up the cow they made friends with that morning might be a bit off-putting for people. And this is supposed to be all about relaxing."

Indeed it is. Travelling south on the train with a souvenir photo and Elaine's rich, malty smell still on my hands, an unusual feeling of serenity seeps over me. I would recommend that cow therapy is definitely worth a try. But if you want to preserve your newfound peace of mind, be a sport and pass on the beef. You never know - it just might be Elaine's mother.

Dunsley Hall charges from £145 for two consecutive nights inclusive of breakfast and dinner - and cows (01947 893437).

JOKE TIME

A magician was working on a cruise ship in the Caribbean. The audience would be different each week, so the magician allowed himself to do the same tricks over and over again. There was only one problem: The captain's parrot saw the shows each week and began to understand how the magician did every trick. Once he understood he started shouting in the middle of the show:

"Look, it's not the same hat."

"Look, he is hiding the flowers under the table."

"Hey, why are all the cards the Ace of Spades ?"

The magician was furious but couldn't do anything; it was, after all, the captain's parrot. One day the ship had an accident and sank. The magician found himself adrift on a piece of wood in the middle of the ocean with the parrot, of course. They stared at each other with hate, but did not utter a word. This went on for a day then another and another. After a week the parrot said:

"OK, I give up. Where the heck is the boat ?"

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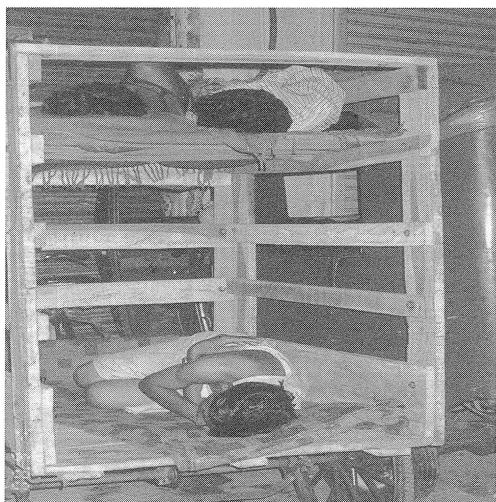
Understanding Pavement Dwellers

Where do they sleep?

Pavement dwellers live on the streets all over Delhi. The Table opposite shows the results of a survey undertaken by Aashray Adhikar Abhiyan in June 2000 to determine the number of pavement dwellers in each section of Delhi. The survey revealed that a large proportion of pavement dwellers are concentrated in the Walled City.

The many commercial and manufacturing activities and related services in the Walled City provide a large number of informal job opportunities, which attract migrant workers and unskilled labourers. However, the Walled City has extremely high residential densities and this has created very expensive rents, which these informal sector workers cannot afford. As a result, people sleep on the pavements, in parks, under bridges, on the verandas and roofs of shops where they work and in the night shelters provided by the Municipality.

Pavement dwellers in the Walled City, and elsewhere in Delhi, sleep close to their place of



Anyone who has any old clothes they don't want anymore please contact **Trudy on 6326175**. The clothes will go to the following charities:

Jeevan Jyoti Mother Teresa Orphanage for Handicapped Children
Mother Teresa Home for Destitute Women
Sahara Recycled Clothes Shop (proceeds from sales goes to HIV hospice)
Aashray Adhikar Abhiyan (Shelter Rights Campaign for the Homeless in Delhi)

Thanks to those who have already given me clothes. They were very much appreciated.

Table showing number of pavement dwellers counted in the AAA Rapid Assessment Survey

Dates	Zones	Count
5 th & 6 th June	Walled City	15595
7 th June	Old City	4943
8 th June	Central Delhi	5388
9 th June	South Delhi	5616
12 th June	West Delhi	7196
13 th June	North Delhi	8391
14 th June	East Delhi	5636
Total		52,765*

employment. This is because in order to get more job offers and to be in a better bargaining position with contractors, construction workers need to reach the labour market early in the morning and not waste time commuting. For handcart pullers and loaders, work does not start early in the morning (usually around 10 am) but they often continue late into the night, which makes it convenient to sleep in the market where they work. Cycle rickshaw pullers sleep near the garage from which they rent their rickshaws. Even for those workers whose occupations do not require them to stay near sources of employment, proximity between sleeping place and workplace is highly sought after in order to reduce or eliminate entirely the cost of commuting.

Some people have taken advantage of the number of people sleeping on the streets and have established quilt-hiring businesses. Pavement dwellers are able to hire quilts for Rs 5 a night and a cot for Rs 15. A plastic sheet for the monsoon season is extra. In places controlled by quilt renting businesses, pavement dwellers are unable to sleep for free. The renting of quilts and cots in public spaces is illegal and both quilt owners and pavement dwellers are often evicted by the police.

*The total number of pavement dwellers found was below the estimated 150,000 believed to be on the street as the survey was conducted in the harvest season so many migrants had returned home.

If you would like more information about Aashray Adhikar Abhiyan (Shelter Rights Campaign), please contact Trudy Brasell-Jones on 6326175.



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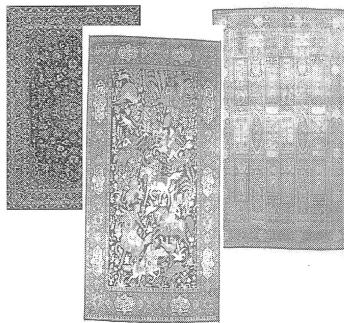
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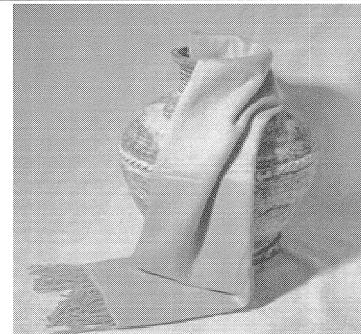
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"World of Gogi"

A childhood romance with paintings, a dream to be an artist, a natural delicate sensibility and human warmth, a compulsion to express, a desire to emulate the spirit of freedom of Dharam Pal; her father and Yash Pal her writer uncle, and her reaction to the resistance of parents to allow her to choose painting as a profession, brought Gogi Saroj Pal to the threshold of the painting profession. Try to picture a girl, four feet eleven inches, all alone, wearing a skirt, canvas shoes and holding small attaché, getting down from a bus arriving from a small town. She became one among the crowd at the bus terminus and vanished, dragging her attaché with her. It was in 1968. The city to which she came was Delhi. This girl willed... to adopt this metropolis and practice art as a free lance painter and live by it, perhaps the first Indian woman to so decide. She began to evolve her own creative visual imagery to express her convictions and concerns of "Being a Woman"...she wanted to be relevant as a contemporary and reflect her times to the future. She refused to become aware of the vulnerability of the profession and the cruelty in the game of survival in the metropolis for a free-lance artist in those years, especially a woman artist. She believed that "Indian Woman is a woman of real life, who lives close to earth, treads life as it comes, keeps her concerns and convictions within herself in an unequal relationship-society... survives somehow and in the end succeed, so that the world continues.

The world of Gogi in her paintings revolves around her and the behaviour pattern of the society. She creates her own actors for the performance in her paintings...sometimes they are real sensitive people carrying the weight of life and harmonizing the joys and sorrows of the world...sometimes she provides them additional visual symbolism and forms from the deposits of her creative experience, from rituals, from myths or from religion, to equip them to perform their roles more convincingly, in her paintings. Her life carved her directions for her expression. Inspirations for expression emerged around and within her. Gogi had the command to synthesize these directions in her paintings with a sensibility of universal concern.

During her career, as a free-lance painter, she has painted series of paintings on the themes of Mother and Child, Prisoners, Haily Comet, Visit to a valley of flowers, Eternal Bird, Human Landscape, Naika, Kamdhenu, Dancing Horse, Kinnari, Paper Boats, Vision of Dreams...All these titles, which she had given to her creative visual expressions converge to 'Being a Woman' and the unequal relationships which exist in the Society. Gogi is an optimist and wants to succeed in the end to fly over the mountains, valleys, the rivers, the lotus pond...

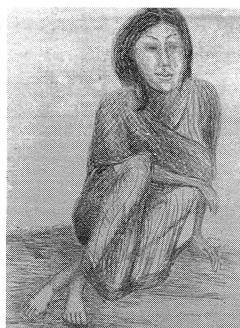
At the time Gogi descended on the art scene, Western

derived contemporary Indian Art had already reached its peak. An introspection had started to search and imbibe in the Indian contemporary art, inspirations from indigenous imagery, both textual and visual. In this changing scenario nobody noticed her and nobody listened to her point of view. She developed apatience for listening to others. Gogi had faith in her convictions and continued to tread following these.

Since 1965, Gogi has organized 24 Solo Exhibitions of her works of Art, participated in 23 International Exhibitions abroad and 42

Group Exhibitions in India. She was invited to participate in the 5th and 8th Triennale India in 1982 and 1993-94. On both the occasions she contributed her multimedia creativity, utilizing "Installation" as a medium of expression. Gogi was given the 'Sanskrit' Award in 1980. She was awarded Jury's commendation in the International Biennial of Plastic Arts in Algiers in 1987, National Award in painting by Lalit Kala Akademi in 1990 and 12th Cleveland International Drawing Biennial award, UK in 1996.

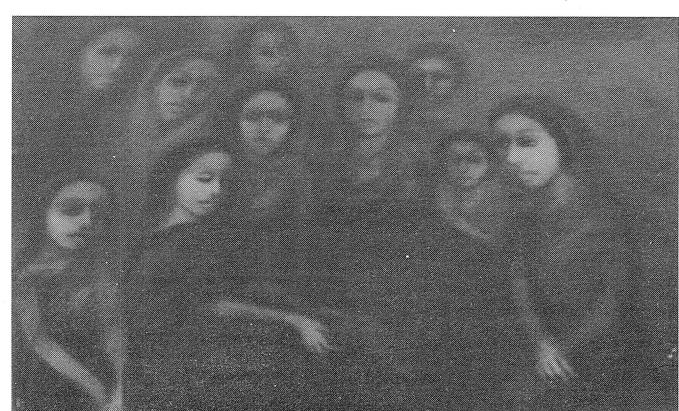
To accomplish creativity in her paintings, Gogi thinks in colour and achieves Sthai Bhava. Sometimes the prolific creative energy of Gogi engulfs, in addition to her expression in painting, other means of creative visual expression...Graphic Print Making, Ceramic Sculptures, Studio Pottery, Ceramics, Jewellery and



Page from family album
1979
Drypoint
30 cm x 36 cm

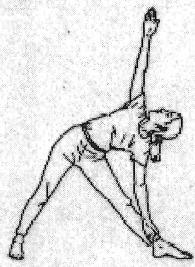


Memory Wall - an installation 1982
Mixed Media 240 cm x 480 cm



Being a woman 1984 Oil on canvas
120 cm x 160 cm

Painting-in- Weaving. She goes on indulging in these additional means of creative expression till debarred.
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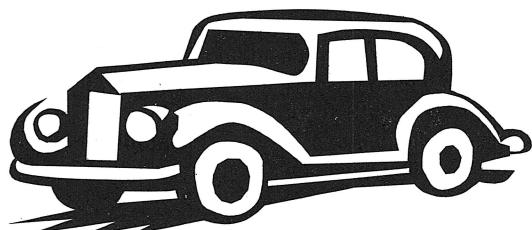
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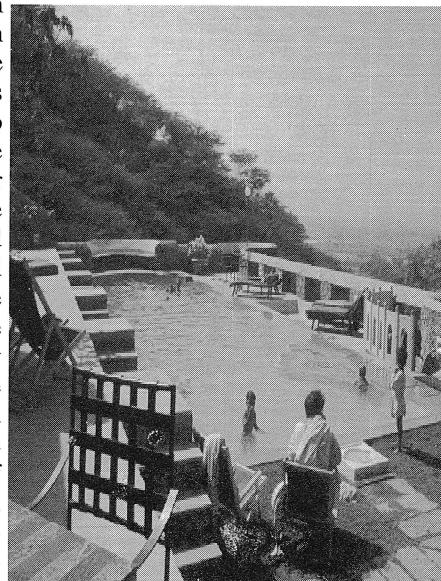
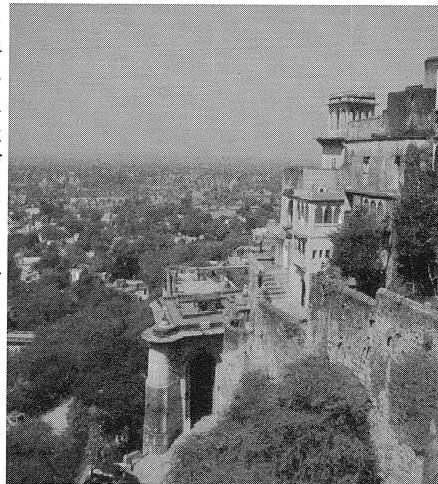
LAWS WOMEN LIVE BY

1. Don't imagine you can change a man unless he's in diapers.
2. What do you do if your boyfriend walks out? You shut the door.
3. If we put a man on the moon we should be able to put them all up there.
4. Never let your man's mind wander it's to late to be let out alone.
5. Go for younger men. You might as well they never mature any way.
6. Men are all the same, they just have different faces so that you can tell them apart.
7. Definition of a bachelor: a man who has missed the opportunity to make some woman miserable.
8. Women don't make fools of men most of them are the do-it-yourself-types.
9. Best way to get a man to do something: suggest he is too old for it.
10. Love is blind, but marriage is a real eye-opener.
11. If you want a committed man, look in a mental hospital.
12. The children of Israel wandered in the desert for 40 years. Even in biblical times, men wouldn't ask for Directions.
13. If he asks what sort of books you're interested in, tell him CHEQUEBOOKS!
14. Remember: a sense of humour does not mean you tell him jokes, it means you laugh at his.
15. Sadly, all men are not created equal.
Just a thought for all women out there.....
MENTal Illness MENstrual Cramps MENaporse
Ever notice how all of women's problems start with men!!!!
sent in by ANONYMOUS?

Occasionally it is nice to get away from Delhi, just for a short break, and this is what we did last weekend. On Sunday morning we drove to Neemrana Fort -Palace which is only 122 kms down the Jaipur road.

It sits on a picturesque site chosen in 1464 by Raja Rajdeo, and its vast stepped palaces, built over 5 centuries rise to 10 levels and sprawl over 3 acres. It sits on a majestic plateau concealed in a horseshoe formation of the Aravalli Hills which are considered to be the oldest fold mountains in the world. They are right about it being concealed, as the village of Neemrana is only 1 km off the main highway, is rather scruffy, with dirt roads and it makes you feel that it must all be a big mistake. However there were plenty of signs urging us on, especially after we turned off the "main" road, and headed uphill round some sharp bends, avoiding a large tree which has been left in the middle of the road. Suddenly the huge walls of the fort were in front of us, and we had to abandon the car and walk up the last bit. It was quite a steep climb up into the fort, which was built with elephants in mind. Fortunately there was someone there who carried the bags for us. It is quite an amazing place, a real rabbit warren of passages, ramparts and small hidden balconies with tables and chairs set out, so you can sit and admire the views. I thought it would be a great place to play hide and seek. The brochure even says that: "guests should bear with the minor inconveniences-- including not finding their rooms!!!" There are 42 of them scattered throughout, all different, with names rather than numbers. There are sumptuous suites, and more modest rooms to suit every budget. The brochure also "suggests that you do not venture into the back portion, nor climb the terraces after dark. Children should be taken special care of" This is no idle warning, the place would have been closed down by the Health and Safety people in the UK, as most of the ramparts and walls round the balconies are only about two and a half feet high, easily climbed, with horrible drops on to concrete below. It is a most relaxing place and despite the number of cars there on the Sunday, we saw few people. I think a lot of people come down for the day, have lunch and then drive back to Delhi. The hotel have recently built a swimming pool, which has only been opened for a month. It was very refreshing lounging around in the cool water, looking out on to the flat plains of Rajasthan, in the hazy distance.

The other foible is that there are about 4 different areas where they serve meals, and it is a case of hunt the food!!! During the day as it is still quite hot, they use a cool room inside, but dinner was served in the main courtyard, and breakfast in yet another smaller courtyard. The food was served buffet style, and included some European dishes as well as good Indian fare. Despite what we had been told, the French chef has left. On the Sunday evening there was



a display of Odissi Dance by Barbara Curda, who is not Indian but of Austro/French origin. She was beautifully dressed, and was accompanied by a quartet of musicians, who played and sang the stories of ancient India whilst she enacted them. She danced for 45 minutes non stop, and she must have great stamina because all the movements were slow and graceful. She looked ready to melt by the end! A stage had been set up in front of the Hawa Mahal (wind palace) and the lighting was very atmospheric. Most of the audience lay on huge mattresses, which covered nearly all the floor space, propped up on cushions, but we had more traditional seats round the edge. On the Monday morning, I was persuaded to walk up to the watch tower and hill fort, on top of 2 hillocks behind the palace. To reach the path, we had to find the correct door out of the back of the palace, and it was obvious that my husband had been there before, as he found it quite quickly. Going through the door we were faced with an enormous "Tank" of fairly green water, the old water supply for the fort. We had to walk round

this, on a fairly narrow piece of wall, then round a tower, onto some very dusty sandy ground which was home to a large family of quarrelsome pigs, who were enjoying a breakfast of last nights leftovers. The path was steep, and crumbly, but it didn't take long to reach the top of the hill, and it was still fairly cool out of the sun. The views were good on all sides and it only took 5 minutes to walk to the fort. The fort was in great disrepair, but must have been quite impressive when in use. The watch tower, 10 minutes

in the other direction was not so interesting, but again the views were spectacular.

After we had tracked down breakfast, we took ourselves to the pool, for a very lazy morning. About 11.30 a.m. it was decided that a cool beer would go down quite well, but sadly we were informed that it was a "dry" day, as it was Ghandi's Birthday. So much for raising a glass to him !!!!

I didn't realise that there every public holiday is a dry day, -so it was only water for lunch.

We left about 2.30, but on the way home we stopped to look at the stepwell of Neemrana only 5 minutes from the fort. This is an 18th century well, which is about 200 feet deep, and 10 stories high. We walked right down the steep steps, almost to the bottom, where all we could see was a muddy sludge. It was an amazing building, and I would be interested to know more of its history, if

anyone knows about it? It only took one and a half hours to drive home, and we both felt the benefit of "getting away from it all", if only for a short while.

Jeannine Grant

For reservations:

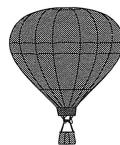
Neemrana Hotels Pvt.Ltd
A-58 Nizamuddin East,
New Delhi 110 013
phone 461 6145/ 461 8962/ 462 5214

SPORTS



Delhi Hash House Harriers

Regular runs on Monday evenings and Saturday afternoons. Family runs on some Sundays. Call the Community Liaison Officer (CLO) at the British High Commission on 687-2161



Ballooning

Ballooning Club of India, 8B Bahadur Shah Zafar Marg, 331-7977.

Bowling

Facilities at Qutab Hotel, Little Paradise (12/7 Mathura Road, Faridabad), Bawa Sports Complex (Kishangarh, Mehrauli), Leisure Bowl (Aruna Asaf Ali Marg, Vasant Kunj); and First Bowl at 32nd Milestone Complex (Delhi-Jaipur Bypass, Gurgaon).

Delhi Tourism (3314229) provides facilities for:



Cycle Tours

Amar Jeet Singh 336-5358, 336-3607
Adventure Tourism



Pedal Boating

Old Fort moat, India Gate moat 9 am to 6 pm. Rs. 40 per half-hour.



Rock Climbing

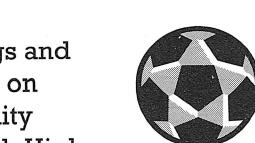
At the Adventure Park, Lado Sarai natural rocks. 9 am to 1 pm, September to December. Rs. 55 per head per day. Rock climbing can also be done at Indian Mountaineering Foundation (IMF), Anand Niketan which has 3 artificial walls built to international specifications.

Rates: Casual, Rs. 100 per day (including equipment and instruction). Annual, Rs. 300 plus Rs. 30 per month (including equipment and instruction).



Martial Arts

Choi Kwang Do / Tae-kwon-Do
Martial Arts Instructor
Amit Bhargava
Tel: 6495322
Pager: 9632112440



Football

Various embassies have joined together to form a soccer competition. Contact your Embassies for details.



Gliding

Daily rides from 1 pm til sunset every day except Wednesdays. At Delhi Gliding Club, Safdarjung Airport (phone 463-8052). Cost of flight per person Rs.75.



Golf

Delhi Golf Club
Dr Zakir Hussain Marg, tel. 436-2768 or 436-2235



Polo

Army Polo & Riding Club,
Tel: 569-9444/555
The Indian Polo Association,
Tel: 301-5604
Polo Season: October-February



Ladies Open Tennis at AES

Every Tuesday and Thursday morning from 8.30-11.30 at the American Embassy clay courts (entry Gate 3). No need to call first. If you know how to play, just turn up with your racket, ready to enjoy the game and the company. Players at all levels (other than absolute beginners) are most welcome. Lessons for beginners are available through the DLTA (details given below). Get started and then come along too!

Delhi Lawn Tennis Association, Africa Avenue, Telephone 617-6140 or 619-3955



Sailing

Defence Services Sailing Club,
Tel: 301-9604



Shooting

Dr Karni Singh Shooting Range,
Surajkund Road, Tel: 698-6802

Help us keep the Newsletter up to date. Let us know if you discover any new activities to add or items to change if they are out of date. Drop your comments off at the Delhi Network Office or call one of the Editors.

ANZA'S

*MELBOURNE CUP
GARDEN PARTY*



TUESDAY, NOVEMBER 7, 2000

*KOVAC RESIDENCE, BUNGALOW 3,
AUSTRALIAN HIGH COMMISSION
(GATE 9, CROSS ROAD 2) CHANAKYAPURI*

9.00AM TO 12.30PM

*RS 250 DONATION
(LIMITED TICKETS)*

MELBOURNE CUP HORSE RACE LIVE (9.30AM START)

PRIZES FOR "BEST DRESSED" AND "BEST HAT"

FASHION PARADE

CHAMPAGNE BRUNCH

DOOR PRIZES AND RAFFLE

VENDORS FOR FASHION, JEWELLERY AND ACCESSORIES

*TICKETS: AUSTRALIA AND NEW ZEALAND ASSOCIATION
MARGARET KOVAC 6888223 EXT 226
CLAIRE WENT 6888223 EXT 141*

SERVICES

A NIMAL SHELTER/VETERINARY HOSPITAL

Jeevashram provides programs to control stray animals, a hospital, operating theatre, mobile dispensary, private boarding. Contact **Angela Garnett** for more information on 556-3696 or 556-4114

C HICKEN

MESH - Maximizing Employment to Serve the Handicapped is an organisation responsible for marketing products made by disabled people in India. MESH can deliver fresh chickens to your home. Especially good for roasting, the chickens are raised in animal friendly conditions to International standards. For more details, or to place an order call 696-5039 or 656-8048

D OMESTIC STAFF REGISTRY

Located in the American Embassy compound, Gate D. It is a source in New Delhi to help find household staff, which has experience in foreign households; open to those holding a foreign passport. You can come by:

- for interviews : Wednesday and Friday 9.30 to 12.00 noon (last interview at 11.45 am)
- for registration : Thursday 9.30 to 12.00 noon (last documents accepted at 10.30 am).

Call for further details or with questions on 419-8000, ext. 413. Need help writing a reference letter come see us too. We're also looking for expat volunteers to staff the Registry who have had experience with staff themselves and can give good advice.

F OOD AND DRINK

Kingsbarn is a leading name in the UK for exports of top quality goods and services to embassies and expatriates. For further details, contact Kingsbarn at 649-7025.

FURNITURE Visit Fusion Design's temporary furniture showroom at V 39/24 Phase III, DLF, Gurgaon from May 18 on through the summer. They are moving to a new showroom this summer, but will be located in DLF for a couple of months. You may, as always, visit their factory in West End Greens at any time by appointment, or ask their British designer to visit your home or office for a consultation. They specialise in traditional and modern European designs in sofas, chairs, dining tables, desks, beds, cabinets and so on. Special orders will also be undertaken to meet your specifications. Call Rhonda Williams on 9810194512 or email fusion_design@compuserve.com for an appt.

H ERBALIFE

Good health through intelligent nutrition. Herbalife has combined the best of nature and science to create exclusive products to enhance your nutritional fitness, vitality and well-being. Lose or gain weight safely, or just increase your vitality. Phone **Sue Lohage** on 6223344 ext 411 or 98 101 67417

J EWELLERY

Risham Chawla makes unique jewellery either to your design or hers with semiprecious stones, glass, ceramic and silver beads and finished with good quality fittings. Call Risham for details at 649-7025.

M ASSEUSE

Laxmi has been massaging diplomats and expatriate couples in their homes for some years. Call 647-0609

P ET CLINIC

P5:00-7:00 pm, 2nd Sunday of every month. Local veterinarians are available for check-ups and vaccinations at the Domestic Help Registry at the American Embassy Compound, Gate D. Open to all expats in Delhi. Contact Karen Wald at 419-8331 (O) and 614-3719 (H) and Judy Nay on 461-1911. Some pet items are available.

T RAVEL

INDIAGO Your own European Travel Operator in New Delhi. Indiago is run by British ex-pat Mrs Lesley Marsh . Please call Lesley on 689-1471 for bookings or more information.

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which offer all the right

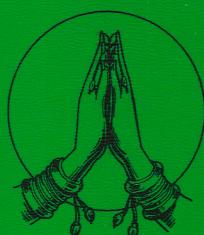
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